**Title** : The Athletic Club Reflection Journal

**Description** : A rubric in student language written for middle school students to self-assess reflective journals.

**Keywords** : Metacognition, goal-setting, exploration

**Instructions** : Use this rubric to self-assess your reflective journal.

**Categories**

**Grade Level** : 6-8

**Subject** : Math

**Type of Assessment** : Reflection

| **4** | **3** | **2** | **1** |
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| Reflection | | | |
| I look at my learning experiences and identify areas of concrete knowledge and conceptual understanding. I identify areas in which I need to improve. | I describe what I learned and where I need to improve. | With help, I describe what I learned and where I need to improve. | I do not describe what I learned or where I need to improve. |
| Metacognition | | | |
| I analyze the processes I use to learn. I evaluate what is working well and what specifically can be improved. | I describe how my learning processes are going. I identify ways in which I can improve. | With help, I describe my learning processes and how I can improve them. | I do not describe my learning processes or how I can improve them. |
| Exploration | | | |
| On my own and in school, I use writing to generate and explore information, feelings, and ideas. | I use writing to generate and explore information, feelings, and ideas. | I sometimes use writing to generate and explore information, feelings, and ideas. | I do not use writing to generate and explore information, feelings, and ideas. |
| Goal-Setting | | | |
| I analyze my journal to set goals for future learning of concepts, processes, and skills and to monitor how well I am doing at achieving them. | I use my journal to set goals for future learning and monitor how well I am doing at achieving them. | With help, I use my journal to set goals for future learning, and I sometimes monitor how well I am doing at achieving them. | I do not use my journal to set goals, or if I do, I forget about them. |
| Appearance | | | |
| I write so that I can read and understand what I have written. If someone else is going to read my journal, I follow standard conventions so the audience can understand my writing. | I write so that I and others can read and understand what I have written. | I try to write so that I and others can read what I have written, but I sometimes cannot figure out what I was trying to say. | I often cannot figure out what I was trying to say in my journal. |